

GUI ZHI FU LING WAN BP055

Cinnamon & Hoelen Combination 桂枝茯苓丸

TCM ACTIONS

Activates the Blood and dispels stasis, reduces abdominal masses.

TCM SYNDROMES

Blood stasis binding with Phlegm in the uterus.

INDICATIONS

Menstrual cramps, uterine mass (e.g. fibroids), endometriosis, salpingitis, chronic pelvic inflammatory disease, cervical erosion, irregular periods, ovarian cysts, amenorrhoea, lochioschesis, retention of dead fetus, prostatomegaly.

SIGNS & SYMPTOMS (key clinical features in bold)

Lower abdominal pain and tenderness (worse with pressure)

Lower abdominal distension or sensation of distension

Dysmenorrhoea

Amenorrhoea

Purple or cyanotic tongue or tongue body with macules or speckles, may also have a greasy coat

Choppy pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	86.2 mg
Paeonia lactiflora, root (<i>chi shao</i>)	赤芍	86.2 mg
Cinnamomum cassia, twig (<i>gui zhi</i>)	桂枝	67.5 mg
Paeonia suffruticosa, stem bark (<i>mu dan pi</i>)	牡丹皮	67.5 mg
Prunus persica, seed (<i>tao ren</i>)	桃仁	67.5 mg

ACTIONS OF THE MAIN HERBS

Poria sclerotium is used orally in formulas to treat urinary difficulty, diarrhoea, water retention, excessive mucus production, headache, dizziness, palpitations, insomnia, forgetfulness and loss of appetite. It has been shown to have the following actions: diuretic, hypoglycaemic, tranquilizing, bacteriostatic, smooth muscle relaxant, immune system enhancement.

Cinnamomum twig is used orally in formulas to treat common cold and influenza, palpitations, precordial chest pain, cough, arthralgia, amenorrhoea, dysmenorrhoea, dysuria and oedema. It has been shown to have the following actions: antipyretic, diaphoretic, vasodilator, anti-spasmodic, analgesic, cholagogue, antibacterial, hypoglycaemic and diuretic.

DOSAGE & COURSE OF TREATMENT

8 - 12 pills, 3 times daily, half to one hour away from food. In severe cases and in the early stages of treatment (first 2-4 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 3 to 6 months.

CAUTIONS & CONTRAINDICATIONS

Caution for those on anti-coagulant medications (i.e. Heparin, warfarin or aspirin).

COMBINATIONS

- **Endometriosis** (select one or more):
 - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)
 - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
 - + Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)In severe or refractory cases also add:
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- **Pelvic inflammatory disease:**
 - + Wu Wei Xiao Du Yin (Lonicera & Wild Chrysanthemum Formula BP027)
 - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- **Uterine fibroids:**
 - + Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

COMMENTS
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This formula was originally recorded in the 'Synopsis of Prescriptions of the Golden Cabinet' (*jin gui yao lue fang lun*) by Zhang Zhong-jing (circa 150 – 219 CE). This work is the earliest surviving record that details the diagnosis and treatment of miscellaneous diseases of internal medicine, as well as some surgical diseases and gynecological disorders, according to the Eight Principles.

It was originally used for resolving conditions due to Blood stasis during pregnancy causing mild and persistent bleeding, which interferes with the normal development of the fetus. Over the millennia, however, the applications of this formula have been broadened to include several gynecological and post partum disorders – for which it is mainly used today.

As would be expected, only a mild treatment for Blood stasis should be given during pregnancy, otherwise the fetus may be at risk. Therefore, this is a mild acting formula that is suitable for patients with deficiency syndromes or constitutional weakness, and can be safely taken long-term. In addition, because it is a fairly simple formula that is focused on a specific pathodynamic, it may readily be combined with other formulas to give a particular emphasis to the treatment, as described above under 'Combinations'.

The synergistic actions of the herbs are as follows:

- Paeonia root (*chi shao*), Cinnamomum twig (*gui zhi*), Paeonia suffruticosa (*mu dan pi*), Prunus seed (*tao ren*): activate the Blood and dispel stasis, reduce abdominal mass
- Cinnamomum twig (*gui zhi*), Poria cocos (*fu ling*): resolve Phlegm-Damp by warming and unblocking the channels and draining Damp.